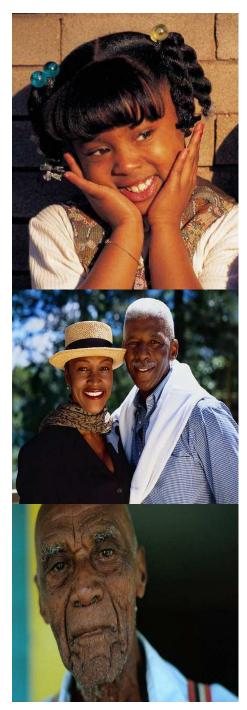
Take Charge of Diabetes!

Attend Center for MultiCultural Health Diabetes Support Groups







Join us to:

- Meet doctors, nutrition specialists and other health care professionals and ask questions about diabetes and its complications;
- Find out about resources for free or low-cost medical supplies;
- Enjoy a heart-healthy snack; and
- Meet other people who are living with diabetes.

Support groups for 1st quarter 2005: Thursday, January 20th, 5:00 - 7:00pm Thursday, February 17th, 5:00-7:00pm Thursday, March 17th, 5:00-7:00pm

Support groups are held at the Center for MultiCultural Health office, 10514th Avenue, Suite 2C in Seattle.

For more information about upcoming classes and support groups, contact Rietta Williams at 206/461-6910, ext. 218.